



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Herbert, Stephan**

Club: SC Nordwalde

Number: 548

Course: 42.25 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:36:07

Speed: 11.66 km/h

Running performance: 5:07 min/km

Rank in course/Total: 21 (of 119)

Rank in course/Men: 21 (of 107)

Best time in course: 2:53:03

Rank in category: 5(of 24)

Best time in the category: 3:08:05

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	14:24	4:25	4	1:16	19	2:35	3.25	14:24	4:25	4	1:16	19	2:35
Lap 2	3.25	15:17	4:42	4	1:28	20	2:37	6.50	29:41	4:33	4	2:38	19	5:12
Lap 3	3.25	15:24	4:44	4	1:46	19	2:53	9.75	45:05	4:37	4	4:15	19	7:52
Lap 4	3.25	15:31	4:46	4	1:47	19	2:52	13.00	1:00:36	4:39	4	6:02	19	10:36
Lap 5	3.25	15:29	4:45	4	1:39	17	2:32	16.25	1:16:05	4:40	4	7:41	20	13:08
Lap 6	3.25	15:41	4:49	4	1:32	18	2:35	19.50	1:31:46	4:42	4	9:13	20	15:37
Lap 7	3.25	15:43	4:50	4	1:38	18	2:39	22.75	1:47:29	4:43	4	10:51	18	18:03
Lap 8	3.25	16:26	5:03	5	1:35	19	3:21	26.00	2:03:55	4:45	4	12:20	18	21:24
Lap 9	3.25	17:09	5:16	6	2:15	25	3:34	29.25	2:21:04	4:49	4	14:29	18	24:58
Lap 10	3.25	17:24	5:21	6	2:05	24	3:17	32.50	2:38:28	4:52	4	16:34	18	28:15
Lap 11	3.25	18:12	5:35	9	2:59	33	4:15	35.75	2:56:40	4:56	5	19:33	19	32:30
Lap 12	3.25	19:11	5:54	12	3:26	42	5:09	39.00	3:15:51	5:01	5	22:59	19	37:39
Last lap Finish	3.25	20:16	6:14	14	5:03	55	5:25	42.25	3:36:07	5:06	5	28:02	21	43:04